

# Staying SAFE: A Pain Management Conversation Guide for Parents & Families



There may be more options than you know to manage your pain.



With opioid use disorder impacting more than 2.1 million Americans,<sup>1</sup> it is critical to support patients to make the most informed decisions about their treatment options. If you have a personal or family history of overdose, substance use disorder, or mental health conditions, or are concerned about the risks of opioid use, this guide can help you navigate treatment options and keep your family **SAFE**.



## Screen for safety

Is there any medical or family history that might put me or my family at risk for opioid misuse or abuse?



## Advocate for you and your family

Are there any non-opioid pain management options available that may be appropriate for treatment?

What does my caregiver need to know about my prescribed treatment?

During the time of my pain treatment, what steps can be taken to keep family and household members safe?



## Foster safety at home

How can I properly store medication to keep me and my family safe?

Once treatment is complete, how do I safely dispose of the prescribed pain treatment?



## Ensure effective solutions

Are there any other pain management options I may be able to use in addition to pain medication?



FAMILIES,  
ADDICTION &  
MENTAL HEALTH  
N E T W O R K

<sup>1</sup> Dydyk AM, Jain NK, Gupta M. Opioid Use Disorder. [Updated 2024 Jan 17]. In: StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing; 2024 Jan-. Available from: <https://www.ncbi.nlm.nih.gov/books/NBK553166/>